

- Warn your baby before changing activities (“One more swing, then we’re going home”).
- Be patient when putting your baby in an unfamiliar environment or when introducing him to new people.
- Help your baby learn new skills (such as climbing stairs or working puzzles).
- Keep your expectations realistic; don’t expect more than your baby is capable of.
- As much as possible, keep a regular and predictable schedule.
- When your baby is overly emotional, keep yourself as calm as possible.
- Use a soothing tone of voice and gentle touch to help your baby calm down. He can’t do it on his own, he needs your help.

This article is an excerpt from ***Gentle Baby Care*** by Elizabeth Pantley. (McGraw-Hill, 2003)